

Gymnastics December 2014



Month of December

Christmas Break begins Monday, Dec 22nd.

Gymnastic classes will resume on Monday, January 5th.

Waiver Forms!

Attached is the 2015 waiver form that must be filled out and turned into registration with January's tuition for ALL gymnasts. Due to the waiver form, the front desk will NOT be able to accept blue envelopes this month. All envelopes with the waiver forms must be turned into the registration office.

Registration Hours: Mon – Fri, 8:00 am – 6:00

**Pass-Off Night
Tuesday,
December 16th
Girls and Boys
Levels 1 & 2
@ 6:45 pm**

Dates to Remember

December 16 Pass-Off Night
December 20 January's Tuition Due
Dec. 22–Jan 3 No Gymnastics – Christmas Break.
January 5 Gymnastic Classes Resume
January 19th Classes WILL BE Held

Some classes are changing times for January 2015!

Boys Level 2 & Boys Level 3;
Tues & Thurs @ **5:15 pm**

Beginning Tumbling;
Saturday @ **10:00 am**

Intermediate Tumbling;
Saturday @ **9:00 am**

Advanced Tumbling;
Saturday @ **8:00 am**

Pass Off Info:

*Gymnasts need to spend at least 3-6 months in a level before coming to pass off night. 6- 12 are common.
*Pass Off nights are held the 2nd or 3rd week of each month. Starting in January, they will be held on Fridays.
*Skipping levels or moving too quickly through them is VERY detrimental to the gymnast.

Please do not bring your child to gymnastic if they have one of the following:

- *Fever
- *lethargic, irritable or difficulty breathing
- *Vomited in the past 24 hours
- *Mouth sores/unless a dr. determines that it is not contagious.
- *Rash/unless a dr. determines that it is not contagious.
- *Sore Throat
- *Pink Eye
- *Impetigo/until 24 hours after treatment
- *Chicken Pox/until 6 days after onset of rash or until all lesion have dried.

We are in need of Trade

If you are interested in doing trade (setting up and tearing down equipment) for your gymnast's tuition, please contact Melanie at 801-615-6163.

Did you know? The more a child tumbles, climbs, creeps and crawls, the more densely wired the brain becomes for the academic success. Movement is the architect of a child's brain. The two hemispheres of the brain are designed to constantly communicate with one another. The left side of the brain controls the right side of the body and vice versa. Bilateral activities, common to all gymnastics programs, require both sides of the body to work together and separately. Coordinated movements patterns create efficiency in the brain!

Merry Christmas!

